

**What is claimed is:**

1. A safety line comprising:
  - a standing line comprising means for attachment to a support structure;
  - and
  - a sliding loop connected to said standing line and slidable along at least a portion of the length of said standing line, wherein said sliding loop is freely movable along said standing line when not loaded, but resists movement relative to said standing line when under load.
2. The safety line of Claim 1, wherein said means for attachment to a support structure comprises a looped portion of said standing line.
3. The safety line of Claim 1, wherein said means for attachment to a support structure comprises a clip attached to said standing line.
4. The safety line of Claim 1, wherein said sliding loop comprises a knotted length of rope.
5. The safety line of Claim 4, wherein said knotted length of rope has a smaller diameter than said standing line.
6. The safety line of Claim 1, wherein said sliding loop comprises a prusik hitch.
7. The safety line of Claim 1, further comprising coupling means for attaching said sliding loop to a user.
8. The safety line of Claim 7, wherein said coupling means comprises a carabiner.

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9. A safety system for preventing injury from a fall, comprising:
- a safety harness for engaging a wearer;
  - a standing line for attachment to a support structure;
  - a sliding loop slidable along at least a portion of the length of said standing line, wherein said sliding loop is freely movable along said standing line when not loaded, but resists movement relative to said standing line when under load; and
  - coupling means for attaching said sliding loop to said safety harness.
10. The safety system of Claim 9, wherein said standing line comprises a looped portion.
11. The safety system of Claim 9, wherein said standing line comprises a clip.
12. The safety system of Claim 9, wherein said sliding loop comprises a knotted length of rope.
13. The safety system of Claim 12, wherein said knotted length of rope has a smaller diameter than said standing line.
14. The safety system of Claim 9, wherein said sliding loop comprises a prusik hitch.
15. The safety system of Claim 9, wherein said coupling means comprises a carabiner.
16. The safety system of Claim 9, wherein said safety harness comprises a belt.
17. The safety system of Claim 9, wherein said safety harness comprises a multi-point body harness.
18. A method for preventing injury due to a fall from an elevated position, said

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method comprising the steps of:

securing a standing line to a support structure adjacent the elevated position;

slidably connecting a sliding loop to the standing line, whereby the sliding loop is freely movable along the standing line when not loaded, but resists movement relative to the standing line when under load; and

coupling the sliding loop to a user.

19. The method of Claim 18, wherein the step of slidably connecting a sliding loop to the standing line comprises tying a prusik hitch.
20. The method of Claim 18, wherein the step of coupling the sliding loop to a user comprises coupling the sliding loop to a harness worn by the user.

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